

# ***Fitness – What is it and how do I get it?***

**Physical Fitness** can have two meanings:

**General Fitness** (a state of health and well-being) and  
**Specific Fitness** (a task-oriented definition based on the ability to perform specific aspects of sports or occupations).

Physical fitness is often divided into the following types:

- **Agility** - *the ability to change the body's position*
- **Balance** - *an ability to maintain the center of gravity of a body within the base of support with minimal postural sway*
- **Body composition** - *is used to describe the percentages of fat, bone and muscle in human bodies*
- **Cardiovascular Endurance** - *the ability of the heart to provide oxygen to muscles during physical activity for a prolonged period of time*
- **Co-ordination** - *the ability to co-ordinate one's senses and physical movements in order to act skillfully*
- **Flexibility** - *refers to the absolute range of movement in a joint or series of joints that is attainable in a momentary effort with the help of a partner or a piece of equipment.*
- **Power** - *the ability to generate a large amount of force quickly*
- **Speed** - *is the rate of motion often expressed as distance traveled per unit of time*
- **Stamina** - *the capability of sustaining prolonged stressful effort*
- **Strength** - *the ability to exert force on physical objects using muscles*

To get “fit” we must identify which area or type of fitness we want to improve and then train that area specifically. Often we can train several areas concurrently ie: the Configure Express Exertrack circuit improves cardiovascular endurance, strength and body composition. An X55 class improves those areas as well as coordination, balance, stamina, agility, speed and balance.



***Women looking good,  
Feeling great***

**Personal Training** can give you the **support** and **assistance** to push yourself in the right direction to achieve the **fitness** goals that are important to YOU.

**All members receive two Free Personal Training Sessions AND a Vibration Training Trial**



*Personal Training\**

*\$35 - 30 minutes casual*

*\$300 – x 10 sessions*

*\$50 - 45 minutes casual*

*\$450 - x 10 sessions*

*Vibration Training\**

*\$20 - casual*

*\$185 - x 10 sessions*

*(20 minute sessions)*



*\* These prices are for Configure Express Members only*